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Coloring Pages - In the Forest

6 forest scenes with a cover page
and 6 postcards to color



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PDF 4158-EN

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Introduction	Page 3
Overview	Page 4
Tawny Owls - Leaves	Page 5
Ants - Acorns	Page 6
Birds - Ash Tree	Page 7
Squirrel - Nuts	Page 8
Fox - Ferns	Page 9
Bird of Prey - Mice	Page 10
Cover page	Page 11
Coloring book instructions	Page 12
Postcards	Page 13 - 18

PRINT SETTINGS

Please use Acrobat Reader to print and make sure that the settings 'Actual size' and 'Auto portrait/landscape' are selected.

SAVE PAPER & TONER

Only print out the pages you need.

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INTRODUCTION

Coloring Pages - In the Forest

Relaxation begins in the mind! The leaves rustle, it smells of moss, the sun shines through the branches... Forests are the treasure troves of life. About one third of the the earth's surface is forest. Forests are home to countless animal and plant species, regulate the climate and store our supply of freshwater. Forests are also places of retreat and revival and, above all, they represent unspoiled nature.

Children color at school primarily to practice motor skills. They're instructed to "always color between the lines!" Coloring books are very popular with children because they comprehend pictures quickly and the activity of coloring has a calming effect. One possible explanation for this calming effect could be the repetitive motion when coloring. In fact, scientists have been able to measure slower brainwave frequencies during coloring, which may explain why it's so calming.

It's also very common for adults to enjoy coloring, but they don't always have the opportunity to do so or maybe they don't have crayons or watercolors to hand. Still, coloring is catching on with adults who are looking for the perfect 'digital detox'. So, get out of the virtual world, put down your smartphones and tablets, pick up the crayons and paints, do something beautiful with your hands, and take yourself back to those childhood days!

But what's really going on in our heads? When coloring, we concentrate primarily on staying between the lines. This level of attention is enough to push distracting thoughts to the periphery of our consciousness. In other words, coloring actually slows down the constant clamor of thoughts. Distracting thoughts often concern things that happened in the past and those that might happen the future. But when you're coloring, such thoughts disappear - you're simply creating - in the here and now.

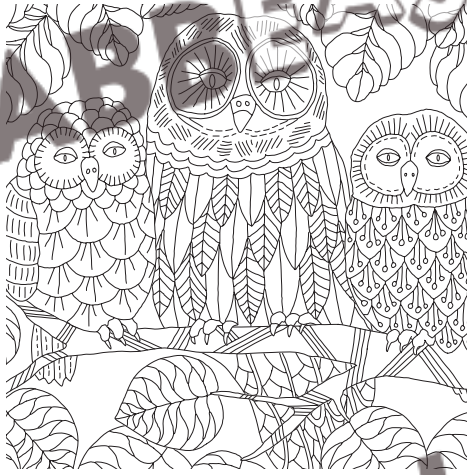
Coloring won't solve your real-world problems, of course, but it can give you space to breathe. After half an hour of coloring, you'll find you're able to approach your problems with a fresh mind.

So you see, coloring isn't just child's play. In our stressful modern world, it's now perfectly acceptable for adults to color with crayons or colored pencils. Advanced artists can even be daring and use watercolor paints!

Micha Labbé

OVERVIEW

Coloring Pages - In the Forest



Tawny Owls - Leaves



Ants - Acorns



Birds - Ash Tree



Squirrel - Nuts



Fox - Ferns



Bird of Prey - Mice

